

Integration Class 7: 1-15-26 Command Points & 5 Element Balancing

Subject 1: Historical Background and Introduction

The Origins of Applied Kinesiology

- Class 7 focuses on command points and techniques learned from Dr. Sheldon Deal
- Dr. Sheldon Deal was one of the original ICAK (International College of Applied Kinesiology) founders
- In 1972, approximately 20 practitioners met in Detroit, Michigan, to form ICAK
- George GoodHeart was the original teacher who attracted followers (referred to as "the Dirty Dozen" or "the 12 disciples")
- Dr. Deal is the only surviving founding father at age 87
- He served as the third president of ICAK and president of the examining board
- He created shortcuts to simplify complex techniques for practical clinical use (10-20 minute sessions)
- His book, "Advanced Kinesiology," contains many of these notes and is a great reference

The Purpose of Command Points

- Command points were developed to address the complexity of learning extensive kinesiology techniques
- They allow chiropractors and practitioners to perform thorough sessions in 20 minutes
- The instructor has been balanced by Dr. Deal many times using these efficient techniques
- These shortcuts represent the condensed wisdom from years of clinical practice

Subject 2: Understanding the Five Element System

The Five Element Framework

Each meridian contains five element points within it:

- **Fire**
- **Earth**
- **Metal**
- **Water**
- **Wood**

Key Concepts

- Central and Governing meridians are reservoir meridians (no five element points)
- Every meridian has a connection to each of the five elements
- The Shang cycle represents the flow of energy through the five elements
- Over energy is found by tugging around the umbilicus (belly button)
- Under energy is found by testing points on the head

Subject 3: The Command Point Formula

The Basic Formula

Find a point on the under energy meridian that is the element point for the over energy meridian.

Step-by-Step Process

1. Identify the over energy element (by tugging around the navel)
2. Identify the under energy meridian (by testing head points)
3. Find the point on the under energy meridian that corresponds to the over energy element
4. Balance using that specific point

Examples from the Lecture

Example 1:

- Over energy: Wood
- Under energy: Heart meridian
- Solution: Heart 9 (the Wood point on the Heart meridian)

Example 2:

- Over energy: Wood
- Under energy: Spleen
- Solution: The Wood point on Spleen (draws energy from Wood into Spleen)

Example 3:

- Over energy: Bladder
- Under energy: Kidney
- Solution: The water point on Kidney (Bladder is the water element)

Example 4:

- Over energy: Metal (Large Intestine)
- Under energy: Gall Bladder
- Solution: Gall Bladder 44 (the metal point on Gall Bladder)

The Metaphor

Think of it as a telephone line:

- The meridian is like a house with five phones
- Each phone (element point) calls a different element
- When you need energy from Wood, you "call" the Wood phone on the deficient meridian
- This pulls energy from the excess element into the deficient meridian

Subject 4: Testing Procedures for Command Points

Step 1: Pre-Testing (Ensuring Clear Testing)

1. Test a strong muscle as a baseline
2. Touch the back of the hand to switch off the muscle (confirms muscle testing is working)
3. Perform a hair-pull test to check switching
4. Test the switching points if needed
5. Ensure the system is clear for accurate testing

Step 2: Finding the Under Energy Meridian (Priority Deficiency)

Head Point Testing:

- Fire: Right side of the head (higher, where parietal, sphenoid, frontal, and temporal bones meet)
- Earth: Between fire and metal points
- Metal: Left side (where parietal, temporal, and occipital bones connect - slightly behind and up from the opening of the ear)
- Water: Lower point
- Wood: Back of the head (knock on Wood location)

Testing Process:

1. Touch each head point while testing a strong muscle
2. When a strong muscle goes weak, you've found the under energy element
3. If needed, determine the specific meridian by saying the meridian name or testing individual muscles
4. Determine which side (left or right) using eye movements or muscle testing

Instructor's Demonstration Results:

- Metal point tested weak (indicating Lung or Large Intestine)
- Saying "Lung" changed a weak muscle to strong (confirming Lung as the deficient meridian)
- Eye movement to the left made it strong (indicating left side deficiency)
- Anterior serratus muscle tested weak (confirming Lung meridian weakness)

Step 3: Finding the Over Energy Element

Tugging Around the Navel (Umbilicus):

- Tug upward: Fire
- Tug to the side (following the Shang cycle): Earth
- Tug downward-left: Metal
- Tug downward-right: Water
- Tug upward: Wood

Testing Process:

1. Test a strong muscle as baseline
2. Tug in each direction around the navel
3. When a strong muscle goes weak, you've found the over energy element
4. Optional: Test alarm points to identify the specific meridian

Instructor's Demonstration Results:

- Wood tested as over energy (strong muscle went weak when tugging in the Wood direction)
- This identified Gall Bladder as having excess energy
- Gall Bladder alarm point on the right confirmed over energy

Step 4: Identifying the Command Point

Using the formula:

- Under energy: Lung (metal element)
- Over energy: Wood element
- Command point: Lung 11 (the Wood point on the Lung meridian)

Step 5: Verifying the Command Point

The instructor demonstrated that Lung 11:

- Strengthened the weak anterior serratus muscle
- Strengthened ALL weak muscles in the body:
 - PMC (pectoralis major clavicular)
 - Pectoralis sternal
 - Latissimus dorsi
 - Subscapularis
 - Supraspinatus
 - Quadriceps

Key Finding: This one point balanced the entire body - all previously weak muscles became strong when touching Lung 11.

Subject 5: The Four Modes Integration

Testing the Four Modes

After finding the command point, test which corrections are needed:

The Four Fingers:

1. **Index finger (Structural):** Neurolymphatics, origin/insertion, myofascial release, spindle cell, Golgi tendon
2. **Middle finger (Nutritional):** Diet addition, diet deletion, supplement addition, toxins
3. **Ring finger (Emotional/Psychological):** Five-element emotions, emotional stress release
4. **Little finger (Energy):** Meridian trace, command points, chakras, aural fields, Figure 8's

Testing Process

1. Touch each finger while testing a muscle
2. A weak muscle that goes strong indicates that mode needs attention
3. A strong muscle that stays strong indicates that mode is balanced
4. Focus on the modes that show as priorities

Subject 6: Practical Application - Student Demonstration

Luka's Balance Session

Initial Testing:

- Hair pull: Clear
- Switching points: Clear
- Fire point on the right side tested weak
- Small intestine identified as the under energy meridian
- Left quadriceps tested weak

Over Energy Testing:

- Tugging around the navel revealed Wood as over energy
- Wood is the mother element of fire in the five-element cycle

Command Point Identified:

- Small Intestine 3 (the Wood point on Small Intestine)
- This is also the tonification point for Small Intestine
- This is the same point used for psychological reversals

Results:

- Touching Small Intestine 3 on the left hand immediately strengthened the weak left quadriceps

Mode Testing Results:

1. Structural finger: Strong (needs work)
2. Nutritional finger: Weak (needs work)
3. Emotional finger: Strong (needs work)
4. Energy finger: Weak (needs work)

Specific Structural Corrections Needed:

- Neurolymphatic points: Yes
- Origin/insertion: No
- Spindle cell: Yes (lengthen to strengthen)
- Myofascial release: No

Emotional Work:

- Stressor identified: Business situation
- Emotional stress release performed
- Combined with neurolymphatic work
- Triple Warmer 3 point held during the process

Final Testing Results:

- Quadriceps: Strong
- Fire point: Strong
- Tug around navel (Wood direction): Strong
- Emotional shift: Luka reported feeling relaxed with faith that everything would be okay

Subject 7: Memory Aids for Element Points

The Well Points (Distal Points)

Yin Meridians - Wood Element (Wooden Bucket):

- All distal points on yin meridians are Wood
- Kidney 1, Spleen 1, Liver 1 (feet)
- Heart 9, Circulation-Sex 9, Lung 11 (hands)
- **Memory device:** Women go to the well with a Wooden bucket

Yang Meridians - Metal Element (Metal Bucket):

- All distal points on the yang meridians are metal
- Large Intestine 1, Triple Warmer 1, Small Intestine 1 (hands)
- Bladder 67, Stomach 45, GallBladder 44 (feet)
- **Memory device:** Men go to the well with a metal bucket

The Progression Pattern

Yin Meridians (Going Up the Limb):

1. First point (distal): Wood
2. Second point: Fire
3. Third point: Earth
4. Points around the knee/elbow: Water
5. Points around the ankle/wrist: Metal

Yang Meridians (Going Down the Limb):

1. First point (distal): Metal
2. Second point: Water
3. Third point: Wood
4. Points around the elbow/knee: Earth
5. Continue following the five element sequence

Additional Memory Devices

Water Points:

- Yin meridians: On the knee or elbow
- **Memory device:** Women wade in water up to their knees

Earth Points:

- Yang meridians: On the knee or elbow
- **Memory device:** Boys play in the dirt on their knees and elbows

Metal Points:

- Yin meridians: On the ankle or wrist
- **Memory device:** Women wear metal ankle bracelets or wrist bracelets

Subject 8: Clinical Applications and Considerations

When to Use Command Points

- Use as a first-line assessment with every client
- Combine with emergency mode testing
- One point can balance the whole body
- Particularly useful for time-limited sessions (10-20 minutes)

Integration with Other Techniques

Structural Domain:

- Check all muscles on the priority meridian for thoroughness
- Example: For Lung - coracobrachialis, diaphragm
- Consider injury recall, origin/insertion, neurolymphatics, and myofascial work

Nutritional Domain:

- Diet addition (foods containing needed vitamins)
- Diet deletion (common culprits: coffee for Kidney/psoas, alcohol for Liver, fried foods)
- Supplement addition (e.g., Vitamin C for Lung - Riddler point testing)
- Toxins: Heavy metals, candida, parasites, leaky gut, SIBO

Emotional Domain:

- Five-element emotions:
 - Metal: Grief, guilt, regret
 - Water: Fear, anxiety
 - Wood: Anger
 - Fire: Joy, lack of joy
 - Earth: Sympathy, worry
- Emotional stress release combined with neurolymphatic work

Energy Domain:

- Meridian tracing (3 times, beginning to end)
- Chakra balancing
- Aural field work
- Tibetan Figure Eights

The Instructor's Example - Additional Findings

- Chakra testing showed the Lung chakra (5th chakra - blue/throat) was weak
- After balancing Lung 11, the chakra point strengthened
- This demonstrates the interconnection of all systems

Subject 9: Remote Session Considerations

Cristina's Challenge

- Remote sessions present unique challenges for command point work
- Difficult to teach clients to self-test accurately
- Many clients cannot distinguish between weak and strong muscles

Recommended Remote Approach

Don't have clients test themselves on muscles. Instead:

1. Practitioner tests themselves (surrogate testing)
2. Have client touch specific points:
 - Neurolymphatic points
 - Organs (pointing in at specific organs)
 - Cranial bones (head points)
 - Ileocecal valve
3. Have client follow along with tugging around the navel
4. Practitioner performs all muscle testing
5. Client performs the corrections based on practitioner's findings

Subject 10: Advanced Concepts

The Lo (Connecting) Points

- Also called connecting points
- Can balance husband-wife meridian pairs
- Example: Kidney 4 draws energy from Bladder into Kidney
- Example: Bladder 58 draws energy from Kidney into Bladder
- Alternative method to command points for meridian balancing

When Two Meridians Show as Under Energy

Priority Determination:

1. Use priority mode testing
2. Touch both meridians and test which changes the muscle
3. General rule: Yin trumps yang
 - Example: If Stomach and Liver both show under, do Liver first
4. You can't go wrong doing either, but priority gives the best result

Chakra Connection to Five Elements (Dr. Deal's System)

- 1st Chakra (Red): Heart
- 2nd Chakra (Orange): Circulation-Sex, Triple Warmer
- 3rd Chakra (Yellow): Spleen, Stomach (Earth)
- 4th Chakra (Green): Liver, GallBladder (Wood)
- 5th Chakra (Blue): Lung, Large Intestine (Metal)
- Note: This differs slightly from traditional chakra systems

Subject 11: Five Element Personality Types (Preview)

Characteristics of Each Element

Water Element:

- More reclusive
- Don't want to be on stage
- Prefer working behind the scenes

Fire Element:

- Want to be front and center
- Love being on stage
- Thrive on attention and performance

Earth Element:

- Love taking care of people
- Worker bees who make things happen
- Get things done
- Associated with GABA neurotransmitter dominance

Wood Element:

- Great athletes
- Love competition
- Enjoy "crushing the competition"
- Anger is the Wood element emotion
- May struggle with anger management
- Often seen in professional athletes

Metal Element:

- Great with numbers and details
- Excellent accountants
- Organized and systematic
- Straightforward personality
- Love structure and order

Balancing Personal Deficiencies

- If deficient in an element, bring more of that element into your life
- Example: The instructor was deficient in metal
 - Spent \$3,000 on custom closets
 - Organized books with dividers
 - Organized computer files
 - Organized storage cabinets
 - Result: More peace and balance, less clutter
- Example: If deficient in fire
 - Take an acting class
 - Get on stage
 - Pursue sports or art
 - Do things that make your heart sing

The Value of All Elements

- Every element is needed
- There is no "bad" or "wrong" element
- Balance comes from honoring all five elements in your life

Subject 12: Clinical Success Stories

Nancy Jaafar's Story

- One of the instructor's star students
- Featured at an event with Donald Trump
- Discussed the need to change the health of America
- Trump suggested connecting her with Bobby Kennedy for the "Make America Healthy Again" mission
- She reports seeing "miracles in my practice every day."
- Only studied kinesiology with the John
- Uses command points with every client
- Demonstrates the effectiveness of these simplified techniques

Subject 13: Student Practice Session Results

Cristina's Experience

- Loves working with over/under energy
- Finds it quick and easy in person
- Challenges with remote sessions:
 - Testing both herself and the client
 - Teaching clients to self-test
 - Clients are unable to distinguish weak from strong muscles
- Solution: Practitioner does all testing, client only touches points

Luka's Experience

- Felt very relaxed after the balance
- Key learning: "The easy way is the best way to balance the body"
- Realized that overcomplicating doesn't produce better results
- Going through the modes and following what the body needs produces excellent results
- Confirmed: "The best solution is the simplest one"

Lucinda's Experience

- Started integrating all the different domains in sessions
- Previously did only one domain at a time (psychological OR energy OR biochemical)
- Now combining them all for better results
- Finding great value in the integration approach

Madison's Experience

- Showed patience during the class
- Successfully practiced the techniques
- Part of the learning community supporting each other

Key Takeaways for Students

1. **Simplicity is powerful** - Don't overcomplicate the balancing process
2. **Work with priorities** - When you address priorities, everything else often clears up
3. **One point can balance the whole body** - Command points are remarkably effective
4. **Integration is key** - Combine structural, nutritional, emotional, and energy work as needed
5. **The modes guide you** - Let the four-finger mode testing tell you what to focus on
6. **Time efficiency** - These techniques allow thorough balancing in 20 minutes
7. **Every element matters** - All five elements are valuable and necessary
8. **Trust the simple formula** - Over energy element point on the under energy meridian

Recommended Practice

- Master the command points first
- Practice finding head points and navel tug directions
- Memorize the element point locations using the memory devices
- Always check emergency mode and command points first with every client
- Consider developing a 120-day program (the length of a blood cell cycle)